

# Community Helpers

**Community focus aim:** To learn about the different job roles that help keep our community safe, fun and clean.

**Physical Aims:** To create opportunities to practice our fundamental movement skills.

**Equipment:** varies depending on activity

**Formation:** Small groups. You may want to set up several different stations or just focus on one community member at a time.

**Station one:** Crossing Guard

**Physical Aim:** To practice locomotive skills.

**Equipment:** Arrow Cards, Movement cards, Stop and go sign.

- Print and laminate arrows and movement cards.
- Set up motor path for kids to follow using the arrows (print out multiple arrows depending on the size of your path).
- Have kids follow the path and until they get to a stop sign.
- Show children a picture of a movement (Jump, Hop, balancing on one leg)
- Children need to stop, complete the movement until the crossing guard (you) changes the sign to go and helps them cross to the path.

**Extension:**

- Create different types of pathways for the child to move over. For example, place tape on the floor as a bridge, place spots on the floor which are puddles they need to avoid.
- Change how the children travel around the pathway: Skip, jump, hop ect.
- Give the children different community roles as they travel around: parent with pram, cyclists, person walking with their shopping trolley.

**Station two:** Trash helper

**Physical Aim:** To practice manipulative skills.

**Equipment:** Pool noodle, broom or newspaper rolled into a stick, tinfoil, socks, paper.

- Crumple up paper, tin foil or socks and make balls on the floor.
- Scatter them around the room
- Tape a square to the floor.
- Use a pool noodle or broom to move all the “trash” into the square (bin).

**Extensions:**

- Make the square smaller or bigger
- Make the pieces of rubbish bigger or smaller
- Have two squares: general rubbish or recycling. Ask the children to sort the rubbish.

**Station three: Police**

**Physical Aim:** To help develop body awareness and balance

**Equipment:** dress up optional.

For this station you will simply need to change the game ‘Simon says’ to the ‘policeman/woman says’.

- Explain that policewomen/men keep us safe and make sure we all follow the rules.
- Children will need to follow the instructions, but only if you say the Policeman or woman says...
- To ensure you are practising body awareness include instructions that ask the children to touch parts of their body i.e. nose or elbow.
- Include instructions that practice Stability and Balance: “The Policewoman/man says spin around or stand on one leg”.

**Extension:**

- Tailor the instructions to the ability of your class to make it more or less challenging.
- Increase or decrease the speed and frequency of instructions.

More games like this can be found at the web address.

<https://www.pinkoatmeal.com/community-helpers-theme-movement-activities/>